

SPORTS

Golfers improve 14 strokes; capture 10th place finish

The Winston-Salem State Rams men's golf team posted a team aggregate total of 342, 14 strokes better than the April 7 opening-round performance en route to finishing in 10th place on April 8 afternoon at the Second Annual Independent Collegiate Golf Invitational hosted by Brevard College played at Etowah Valley Golf Club in Etowah.

That Tuesday saw the Rams return to action as they took to the course at Etowah Valley Golf Club's South Course, a par 72, 7,096-yard course that has earned distinction as one of Golf Digest's Top-100 golf destinations in much more favorable weather conditions.

The pleasant weather helped the Rams make up 14 strokes over Monday's 356 as WSSU turned in a cumulative score of 342, good enough for a two-day total of 698 as the Rams leap-frogged North Carolina Central University, finishing the competition in sole possession of

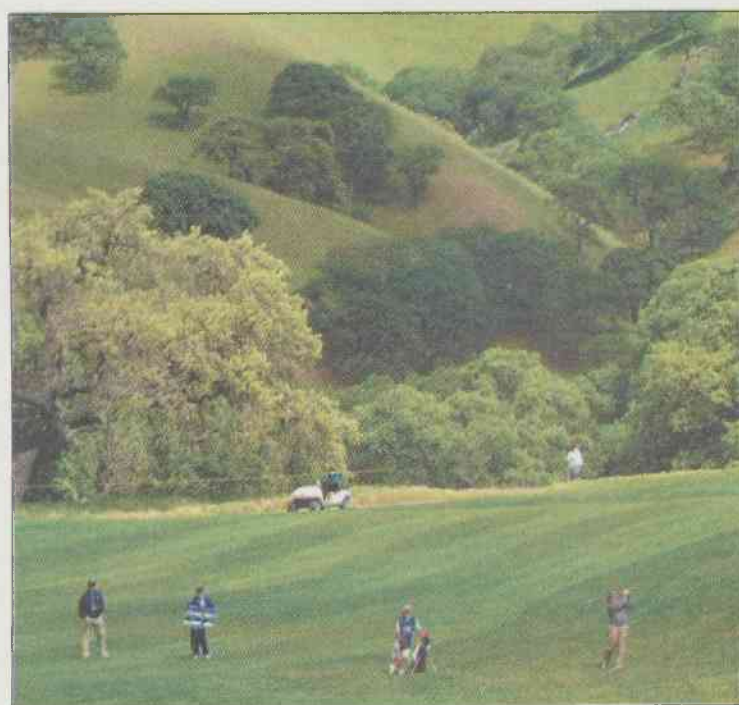


Photo by Garrett Garms

WSSU golfers improve one stroke at a time.

10th place.

The Rams were led by Joshua Sherrell for the second consecutive day as Sherrell posted an 11-over par round of 83 en route to a tie for 45th in the individual medalist portion of the competition.

Lance Holmes tallied an 84; Steven Mason recorded an 85; Zachary Yelder tallied a 90 and Jerrell Fields rounded out the scoring with a 91.

The Rams' total of 698 earned them a 10th-place finish following the final round at Etowah Valley G.C.

WSSU returns to action May 9-11 in Port Saint Lucie, Florida, as they close out their 2008 season at the PGA Minority Golf Championships.

Team members include Joshua Sherrell, Lance Holmes, Steven Mason, Zachary Yelder, and Jerrell

Fields.

For additional information on WSSU men's golf, contact the WSSU Office of Athletic Media Relations at (336) 750-2143 or log on to the Official Website of WSSU Athletics at WSSURams.com.

2nd Annual Independent Collegiate Invite
Etowah Valley Golf Club,
Etowah
Dates:
4/7/2008-4/8/2008

Rams living up to challenge

Darren Goines
STAFF REPORTER

Winston-Salem State has a storied tradition in sports. No matter what sports they play, the new generation of Rams have to live up to the challenge of following in the footsteps of past greats like Earl Monroe, Timmy Newsome and others.

One of those athletes, Brandon McRae of Washington, D.C., is a running back for the Rams football team. He has what some coaches believe to be the tools to write his name in the record books along with former WSSU greats such as Jed Bines and Martin Hicks. Lately, McRae has even been mentioned in the same sentence with Coach Kermit Blount as being similar to the outstanding player he was at WSSU.

A 2005 graduate of Charles Herbert Flowers High School in D.C., McRae led the Jaguars in rushing for three separate rooms. He rushed for 846 yards in his junior season and 1,500 yards his senior year. McRae placed first in touchdowns and second in rushing in the District of Columbia his senior season. He was named First-Team All-County in football and track and field, Second-Team All-State as a running back and named Second-Team All-State in the 55 meters in 2005. He turned in the fifth fastest time in the 55-meters in the nation with a 6.32.

McRae had a solid season as a redshirt freshman, playing in 10 games and finishing the season as the team's leading rusher with 623 yards and six touchdowns. He averaged 62.3 yards per game and 5.3 yards per carry in his first season. He also led the team in rushing attempts with 118. His longest run of the season was a 52-yard

sprint against Florida A&M. McRae had his best individual game at Savannah State when he rushed for 113 yards and a touchdown. He also scored a pair of touchdowns against rival North Carolina A&T in the Rams 41-14 win.

McRae started last season off on a good note, rushing for 86 yards and a touchdown against A&T. But in just the third game of the season against Morgan State he injured his knee. Since then, McRae has spent all his time rehabbing and preparing himself to not just share time at back but to carry the load completely next season.

McRae said his family has played a key part in his recovery.

"My family is really supportive of me, especially since the injury ... I got down a little waiting and watching my teammates, knowing I could help," he said.

WSSU running back coach Cody Crill said he expects McRae to be an integral part of the team next year.

"He's definitely a leader," Crill said. "No one doubts he can carry the load along with the backs that we have. As long as Coach Blount's here and McRae is healthy, he has all of the intangibles needed to be mentioned in the same category as the greats. We also have two or three more backs looking to follow in McRae's footsteps of success."

Despite being out the majority of last season, McRae is optimistic that his return will be successful.

"I'm ready. I've been waiting since the injury," he said. "I've been rehabilitating over the off season, and I'll be ready for next year."

Personal Trainer

Lower body stretches

The big muscles of the abdomen, legs and hips need careful stretching because they resist being stretched and loosen slowly.

Hamstring stretch

Sit straight with legs in front; bend left leg, keeping its foot flat on floor; stretch forward to touch right toe with both hands; do on both sides



Keep lower back flat and head up

Quadriceps stretch

Hold a support or chair with one hand; with other hand hold ankle and pull heel toward your butt, hold, then relax; do on both sides



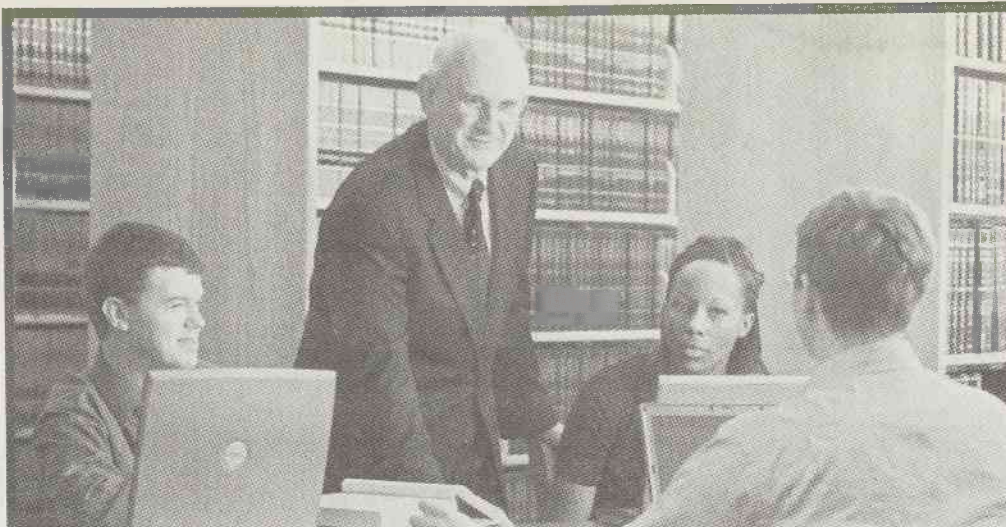
Achilles stretch

Face wall with one foot about 2 ft. (60 cm) in front of other; lower your body straight down and let both knees bend; push wall gently for more stretch; do on both sides



Keep heels flat on floor

Source: Sports Fitness Advisor © 2008 MCT Graphic: Helen Lee McComas, Paul Trap



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